



My Emergency Supply Checklist:

In the unfortunate event of an emergency or natural disaster keep supplies in a duffel bag or plastic bin. Your emergency kit should have enough supplies to last each person in the household a minimum of 3 days.

My Emergency List:



- Medical supplies (diapers, wipes, catheters, tube feeding, diabetes, ostomy, wound, respiratory, etc.)
- Baby formula
- Bottled water
- Non-perishable food
- Medication
- Pet food
- Change of clothes
- Sturdy shoes
- First aid kit
- Knife
- Hand sanitizer
- Toilet paper
- Rescue blankets
- Mask
- Duct tape
- Cell phone charger
- Cash
- Tarp
- Rope
- Flash lights & batteries
- Candles & matches
- Fire extinguisher
- Solar charger
- Radio & batteries
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- _____
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